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# AMERICAN RIVER Messenger

VOLUME 17 • ISSUE 8

Serving Fair Oaks, Orangevale & Sacramento County

APRIL 22, 2022

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## Parklands Matter



Assemblymember Ken Cooley (Rancho Cordova), together with Stephen Green (left) President of the Save the American River Association, District 3 Supervisor Rich Desmond and Assemblymember Jim Cooper (Elk Grove) announce legislation to address public safety and environmental destruction on the American River Parkway. Photo courtesy of Patrick Larenas

**Office of Assemblymember  
Ken Cooley**

**RANCHO CORDOVA, CA (MPG)** - Assemblymembers Ken Cooley (Rancho Cordova), Kevin McCarty (Sacramento) and Jim Cooper (Elk Grove) announced their efforts to address public safety on the American River Parkway after the brutal slaying of 20-year-old Emma Roark. Local communities and neighboring families have been increasingly riled by the level of violence, dangerous debris and environmental destruction left by illegal campers on the American River Parkway.

Sacramento area representatives have introduced AB 2633, which defines parklands with heightened risk of environmental degradation and damage due to the unique and valuable resources within it, such as the American River Parkway, as “special parklands.” This bill authorizes the removal of illegal campsites from these parks to prevent unnecessary environmental destruction and

addresses public safety hazards.

In addition, they are proposing \$50 million in grant funding to go to counties and regional park districts to support efforts to protect the parkway. Goals of the grant program include 1) preventing fires by reducing the incidents of illegal campfires in regional parks, 2) reducing homelessness by providing services and housing options, and 3) protecting park visitors, wildlife and our natural resources.

“I live almost exactly one mile from this precious location. For decades, I have brought my own children and grandchildren here to experience and wonder at the world around them. Public safety and environmental protection are paramount to the value of this parkway,” said Assemblyman Ken Cooley.

Severe violence has been committed both against the transient population and by some of its members along the watershed lands oftentimes under the cover of dense vegetation, right alongside homes

and trails frequented by vulnerable populations such as children, seniors and individuals travelling alone.

“I’m proud to author AB 2633, along with Assemblymember Ken Cooley, to preserve and protect our cherished American River Parkway,” said Assemblymember Kevin McCarty, Sacramento. “Sadly, because of illegal camping, the American River Parkway isn’t safe enough — resulting in locals thinking twice about visiting our jewel of Sacramento. We can humanely and aggressively address homelessness and ensure that our Parkway remains a regional treasure.”

With the climate crisis underway, wildfire has been an increasing threat to California. In the Sacramento region, the American River Parkway, which is an urban parkway nestled alongside multiple communities, teeming with wildlife, presents heightened risks and hazards.

Specifically, illegal campfires have caused wildfires that have destroyed

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## Bids Come in for Village Improvement Project

Story by Shaunna Boyd

**FAIR OAKS, CA (MPG)** - At their meeting on April 5, the Measure J Bond Oversight Committee (BOC) reappointed members whose terms ended this spring. Terms are for one year, and members can serve up to five consecutive terms. Terms ended in March for BOC member Keith Walter and in April for BOC Chair Gary Juels, Vice-Chair Amy Larsen, and members Justin Drake, Barbara Sestito, Dana Woodworker-Negri, and Kim Sarvkovich. All stated their desire to continue on the committee and were recommended for reappointment – to be confirmed by the Fair Oaks Recreation and Park District (FORPD) Board of Directors at their next meeting. The terms of the remaining members expire this fall, at which time they can be considered for reappointment as well.

FORPD Administrator Mike Aho said that the bid schedule is currently on track for the Village/Plaza/Amphitheatre improvements, with District staff planning to open and review all the bids in mid-April before submitting their recommendation to the Board.

One concern in the bid process is that the cost estimation for the project was done four weeks ago, and with labor and materials shortages, Aho said things are “volatile.” But he thinks the general contractors will bid near the estimate to remain competitive, since those shortages mean there are less construction jobs available for them to bid on.

Another concern was that SMUD, which provides electricity to all the District facilities in the Village, recently informed staff that the circuit there is overloaded and cannot accommodate the power demand required in the improvement plans. It is a frustrating issue for the District, said Aho, because SMUD reviewers approved the project plans and are only now – just shortly before bids are due and with construction scheduled to begin by the end of the month – informing them that the circuit can’t meet the need. “Someone dropped the ball,” said Aho, “but it wasn’t us.”

An emergency meeting was held later that week to figure out how to proceed, and in a follow-up phone call, Aho said there weren’t any good options, since stringing additional

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## Sun Run to Benefit San Juan Education

**Capital Road Race  
Management News**

**FAIR OAKS, CA (MPG)** - The Fair Oaks Sun Run has been an annual tradition in Fair Oaks, California for 40 years and - believe it or not - it hasn't gotten one bit easier! Regarded as one of the most beautiful yet challenging courses around, it never fails to attract both the avid runner and those who are out to have a great time at a great event.

Choose either the 5 Mile Chicken Run or the 2 Mile Rooster Ramble non-competitive Run/Walk. Both events start at Village Park in Old Fair Oaks. The 5-Miler winds through the beautiful Old Fair Oaks residential neighborhood with a keyhole loop to Sailor Bar. The course is equal parts paved road and dirt trail and features the infamous four hills: Grand



Fair Oaks Sun Run is considered one of the most beautiful courses around. Photo by Hugh Ferguson/Capital Road Race Management

Daddy Hill, Hernia Hill, The Beast and Last Gasp. The Rooster Ramble event stays on the paved roads through Old Fair Oaks.

Not to be forgotten, we also host the best kids' fun runs (1/4 Mile and 1/2 Mile) in the Greater Sacramento area for children 12 and under. The famous, oversized Fair Oaks Chicken

will once again lead the kids' races and attempt to keep alive his undefeated streak. Kids' race registrations include a t-shirt, finisher medal, sticker, free photo downloads, and a root beer float!

Pick up your bib and shirt or register (space permitting) Saturday, April 30, from noon - 5:00pm at Fleet

Feet Folsom (6610 Folsom-Auburn Road, Folsom, CA 95630). You can also pick up your bib on race day (near the start line in Fair Oaks Village) starting at 7:00am.

Community Clubhouse in the Old Fair Oaks Village (7997 California Avenue, Fair Oaks, CA, 95628) at Village Park in Old Fair Oaks. ★



# Fair Oaks Honorary Mayor Penny Howard Turns 100

By Judy Andrews with Mary Howard

**FAIR OAKS, CA (MPG)** - Happy birthday to Fair Oaks Honorary Mayor Penny Howard who turns 100 on May 7! A native Californian, Penny has been a beloved member of the Fair Oaks and Carmichael communities for over half a century and is very active with the Fair Oaks Chamber of Commerce. As the oldest honorary mayor in the chamber's 43-year history, Penny is enjoying her second term and all the social activities that come with the title.

In 2006, Penny won Honorary Mayor after raising a whopping \$8,244.85 for her church's Red Wagon Ministries program and for St. John's Women's Shelter. Penny was also awarded the chamber's Citizen of the Year in 2016 and proudly rode in the Fair Oaks Christmas Parade.

In 2020, at 98-years old, Penny decided to run for Honorary Mayor again and won after raising more than \$4,376 for Del Campo High School's Visual and Performing Arts program. Penny chose this school because three of her children had attended Del Campo. She chose the program due to her life-long interest in art. Her only regret about running for Honorary Mayor during the first year of the pandemic was because the chamber wasn't able to put on events in person like the "old days."

**A Passion for Adventure**

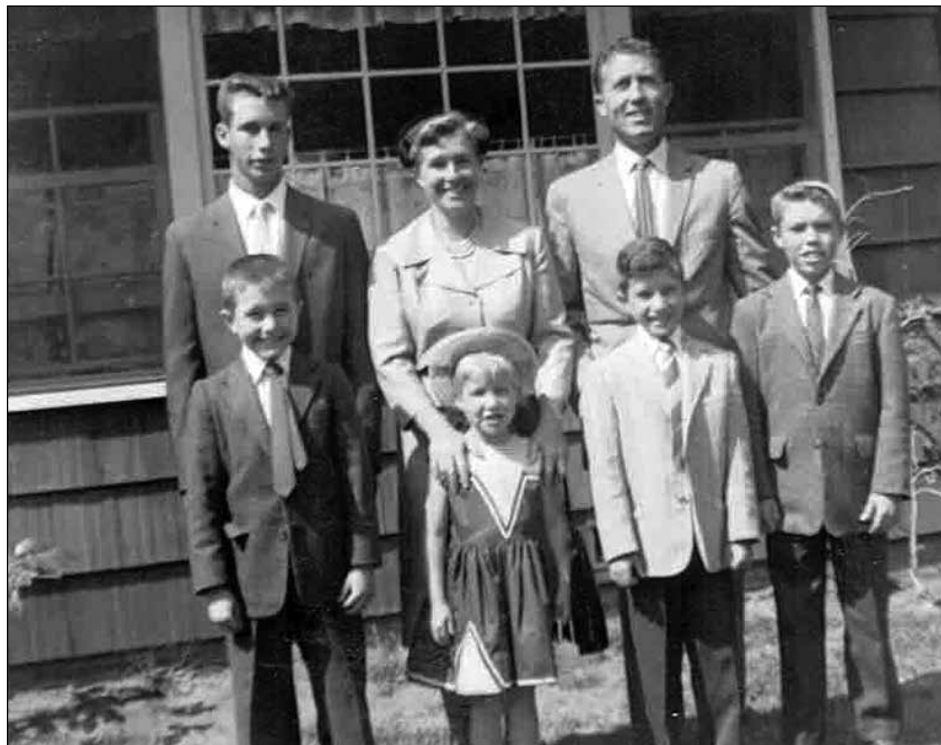
An accomplished artist, writer, and outdoor enthusiast, Penny was influenced by the beauty of the Eastern Sierra at an early age and often wrote about her adventures. Her stories and photographs have been published in the Sacramento Bee, Sierra Heritage, and in many other publications.

Naomi "Penny" Rogers was born in Laws, a small rural community near Bishop where her grandmother was the town's postmaster. She spent childhood summers fishing, camping, and exploring the Mammoth Lakes area. In the 1920s, her great aunt and great-uncle built Pine Cliff Camp, a rustic mountain resort Penny and her children and grandchildren still visit today.

At 80-years old, Penny even accomplished her life-long dream of climbing the steep and difficult Mammoth Rock where she was hoisted to the top of the rock with only a rope and the help of two of her sons. Shortly after, Penny's heroic climbing feat was featured in both the Mammoth Times and the Sacramento Bee.



Penny the artist, 2013. Photo provided by Mary Howard



The Howard family in 1960. Back row: Richard, Penny, Bob. Front row: Dan, Mary, Russell, Dean. Photo provided by Penny Howard

In 1935, the Rogers family moved to San Francisco. Two years later, Penny—along with her sisters and friends—walked across the Golden Gate Bridge the day it opened. In a short story, she wrote how the bridge opening was such a big day for San Francisco.

"We walked for nearly a mile, and then turned around to walk back. About half way back we sat down to eat our sack lunch, and watch all the people walking. Some were on roller skates, and a few on stilts. No one was on bicycles. There were also a few in colorful costumes," she wrote.

"The next day it opened for automobile traffic at 25 cents a car. That brought on a lot of grumbling and griping at having to pay that much to cross the bridge."

**Cocktails with Ol' Blue Eyes**

Penny was 18-years old and living in Los Angeles when she got a job as an usherette at the RKO Theatre. After work, she and her friends would go dancing at the Hollywood Palladium and sometimes end up at nearby nightclubs.

Penny recalled meeting a certain stranger. "One night a few of us were at a nightclub being served drinks. While sitting there, in came the new singer for the Tommy Dorsey Band with some bandmates. They just joined our table. It was Frank Sinatra and we had cocktails together. I can truthfully say I had cocktails with Frank Sinatra!"

**A Blessed Life**

Penny married her first husband Glen Collins, a Navy pilot, in 1942. Unfortunately, Glen's plane went down in the Pacific Ocean during WWII and his body was never recovered. Years later, the couple's only son Richard, a West Point graduate, was killed in Vietnam.

In 1948, Penny married her second husband Bob Howard. They had four children together: Dean, Dan (deceased), Russell, and Mary. Bob passed away in 2015 leaving Penny a widow for the second time. She has three grandchildren and four great grandchildren who she adores.

The Sacramento Bee once quoted her as saying, "If you have never experienced setbacks, how can you enjoy the good things? I feel I'm really blessed with a good family. We enjoy each other's company, and we do things together."

Penny is a charismatic presence in the community and adored by many. She still lives in the same Fair Oaks home she and Bob bought in the 1970s. She enjoys getting out, socializing with others, and attending church and Fair Oaks Chamber of Commerce functions.

Penny's daughter Mary, who is also active in the Fair Oaks community, does her best to keep her mom actively engaged. "Mom's favorite saying these days is 'I used to be the mother.' But with the help of my brothers, we strive to keep mom healthy and make sure she's able to do the things she loves," said Mary.

"I think people appreciate who mom is and are in awe of her age. They don't see her limitations, which is a testament to mom's true character." ★

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# Parklands Matter



In a press conference Sacramento County District 3 Supervisor Rich Desmond addresses community members concerned about the violence and deterioration at American River Parkway. Photo by Patrick Larenas

*Continued from page 1*

hundreds of acres of regional parklands. In recent years, The American River Parkway has seen incidents of illegal fires, camping, and dumping skyrocket—threatening the parkway’s beauty, sustainability, and the safety of visitors, adjacent communities, schools and businesses. The Sacramento Bee reported that by June 2021, 60+ illegal fires scorched more than 130 acres of this treasured parkway, including newly restored habitat.

Including, last year, after countless hours and thousands of dollars in grants and donations for the restoration of an imperiled turtle habitat, the newly restored habitat burned to ashes. More importantly, strong winds can push campfires through

encampments with dense vegetation and fuel, and into adjacent neighborhoods, leaving little time for both campers and residents to flee.

Without intervention and protection, California’s outdoor spaces that serve multiple specialized environmental, public safety and recreational functions, will continue to be at risk of degradation and damage. Protecting the American River Parkway from illegal fires and providing those suffering from homelessness with services and healthier housing options, will ensure its preservation and lead to healthier and safer communities throughout the greater Sacramento area. The proposed \$50 million in grant funding will support all of these goals. ★

# Board of Supervisors Abandoned Public Health Office

**Superior Court of California News Release**

**SACRAMENTO COUNTY, CA (MPG)** - An extensive investigation into the handling of the COVID-19 crisis by the Sacramento County Office of Public Health (OPH) has led the Grand Jury to find that the County Board of Supervisors ignored its Public Health Officer for five months before finally engaging in any sort of dialogue regarding the County’s COVID-19 activities and its impact on County residents.

The Grand Jury’s report states that when the pandemic hit Sacramento County, the OPH responded immediately. However, despite asking for assistance early on, Public Health Officer Dr. Olivia Kasirye was allowed to appear before the County Supervisors only after Board members received a confidential email from Dr. Kasirye. That communication detailed the range of the OPH pandemic response efforts and the enormous burden being borne by staff and

volunteers committed to protect the community.

The exemplary level of service and commitment exhibited by Dr. Kasirye and OPH staff and volunteers made the critical difference in the County’s rapid and effective COVID-19 response, the Grand Jury investigation found. In stark contrast, the Board’s apathy during the most significant public health emergency in over a century, one that impacted every resident of Sacramento County, delayed needed OPH program funding and undercut public health order enforcement. Under such emergency circumstances, OPH response efforts and funding instead should have been the Board’s first priority.

In the face of an overwhelming public health emergency, Dr. Kasirye and OPH staff were well prepared to carry out COVID-19 pandemic response activities, according to the Grand Jury’s findings. OPH utilized its dedicated staff, along with a volunteer corps of professionals, issuing and enforcing COVID-19 public health

orders in coordination with its state and federal counterparts. However, OPH enforcement efforts aimed at protection were stymied by lack of cooperation from local County law enforcement agencies.

“The Grand Jury is dumbfounded that the County Board of Supervisors seemed completely disconnected from the Office of Public Health in the midst of the crisis our community faced,” states Jury Foreperson Deanna Hanson, “And, it is simply irresponsible to think that Sacramento will never face another situation that needs immediate attention.”

With an eye toward the future, the Grand Jury recommends that the County Board of Supervisors, the County Executive and the County Office of Public Health jointly develop a public health emergency response plan, designed to recognize and meet the immediate requirements of OPH to implement future public health orders and best ensure the safety of Sacramento County residents. ★

# Bids Come in for Village Improvement Project

*Continued from page 1*

wires overhead isn’t aesthetically pleasing, and trenching under the road would destroy existing decorative bricking. In the end, they determined that adding trenching to the project wasn’t logistically or financially realistic while in the middle of the bid process, so staff worked quickly to get the overhead lines added as an addendum to the bid documents.

Two out of the six prequalified general contractors submitted project bids by the April 12 deadline. And while Aho said he can’t be sure, he does suspect that the last-minute addendum might have resulted in less bids being submitted since the contractors may not have had enough time to adjust their bids accordingly before the deadline.

Streng Park, which was partly funded by Measure J and has been open for recreation since the ribbon-cutting ceremony last November, will soon be officially marked as a completed project. The park sign has been installed but is awaiting a minor repair.

Aho said the District plans to submit Streng Park to the California Recreation and Park

District Association for an award for park design. “It is a very, very unique park for that size. ... I can’t say how happy I am with how this came out. It’s just an amazing park,” said Aho, who views Streng Park as the model for how a small, challenging space can successfully be transformed into a unique space for recreation.

Aho explained that the draft lease agreement sent over the San Juan Unified School District (SJUSD) for the La Vista property did not include terms that FORPD considered to be essential – such as a lengthy lease period and FORPD responsibility for maintenance and reservations of the softball fields. The FORPD attorney drafted another agreement with those necessary terms outlined, which has been sent back to the SJUSD. Aho said it seems to now be moving along relatively quickly without any major changes expected from SJUSD.

BOC member Garrett McDermid asked about next steps for Phoenix Park if the softball fields move forward at La Vista. Aho said that any plans for Phoenix won’t be considered until after the bids come in for the Village/Plaza/Amphitheatre

project, at which point they will know how much Measure J money remains for other projects.

But Aho said the priority at Phoenix is to address the parking issue, and the quickest and most cost-effective method would be to pave the existing dirt lot to maximize that space. Paving that lot won’t fully address the problem, but would be a start, said Aho. And because it is a dirt lot, it needs to be paved no matter what, so it won’t require any additional community outreach if that project moves forward. But any additional parking improvement projects at Phoenix would require community outreach to create a master plan for the park that can be followed as funding becomes available.

Additional funding for Phoenix could come from the Land and Water Conservation Fund (LWCF), which initially funded development of the park. LWCF grants come with restrictions in perpetuity that limit what can be developed on the property, allowing only outdoor recreation in the space, which meets the District’s vision for Phoenix.

The next BOC meeting is scheduled for May 3. ★

# Meetings for Veterans Held Monthly

*By Ben LaPolla, dual member*

**SACRAMENTO COUNTY, CA (MPG)** - JOIN US as Brothers and Sisters of America to preserve the rights of veterans and support each other, as only those who share in the camaraderie forged by conflict can.

*Veterans of Foreign Wars Post 6158 and American Legion Post 383*

We veterans who so deeply hold in our hearts love of country and have so valiantly fought to preserve the freedom we enjoy today need to band together and support one another by joining the Veterans of Foreign Wars (VFW) and/or the American Legion (AL).

If you are a Veteran of the U.S. Armed Forces and want to help protect the rights and benefits that you, and all Veterans have earned, then add your voice to the millions of veterans in the VFW and American Legion today. The VFW and the American Legion work with local, state, and federal governments to fight for veteran benefits, strengthen the Veterans Administration and help provide for veteran families in need.

THE VETERANS OF FOREIGN WARS POST 6158 and Auxiliary is located in the center of Phoenix Park in Fair Oaks, at 8990 Kruitof Way, off Hazel and Sunset Avenue.

VFW Post 6158 is open to all veterans with the following qualifications: ★

1. Served in the Armed Forces of the United States with an Honorable Discharge (possess a DD214) or be currently serving.
2. Service in a war, campaign, or expedition on foreign soil or in hostile waters.
3. The VFW Auxiliary is open to veterans, family members and relatives of veterans who have served in a foreign conflict.

You can contact Gary Burns, Commander VFW 6158 via Post Canteen at (916) 966-1663 for more information. Our meetings are at 7:00 PM on the 2nd Tuesday of every month.

The FAIR OAKS AMERICAN LEGION POST 383 and Auxiliary is co-located with VFW Post 6158 American Legion Post 383 is open to all veterans with the following qualifications:

1. Served in the Armed Forces of the United States with an Honorable Discharge (possess a DD214), be currently serving or have at least one day of Active-Duty Service from December 7, 1941, to present.
2. The American Legion Auxiliary is open to veterans, mothers, daughters, granddaughters and spouses of veterans.

You can contact Mark Rice, Commander American Legion Post 383 at (916) 204-8151 for more information.

Our meetings are at 7:00 PM on the 4th Tuesday of every month. ★

# Bera Named to COMPETES Act Conference Committee

*From the Office of Representative Ami Bera*

**WASHINGTON, DC (MPG)** - Representative Ami Bera, M.D. (D-CA) released the following statement after being selected to serve on the Conference Committee for the America COMPETES Act.

“I am honored to be appointed by Speaker Pelosi to serve on the Conference Committee for the America COMPETES Act. This legislation presents a once in a

generation opportunity to invest in America to ensure that the United States remains a leader on the global stage and that the American worker can compete and succeed in the global economy of the 21st century.

America’s greatest assets have long been our innovation, our ingenuity, and the American people. By investing in these once again, we will lay the foundation for our country’s success and prosperity for generations to come, while unleashing our

potential to outcompete any nation on earth. I am proud to be a part of reinvesting in those assets yet again.

As a senior member of the House Science, Space, and Technology Committee, I look forward to the opportunity to strengthen provisions in this legislation that will ensure the United States remains the undisputed leader in science and technology. As Chairman of the House Foreign Affairs Subcommittee on Asia, the Pacific, Central Asia,

and Nonproliferation, I will leverage our active engagement with allies and partners across the Indo-Pacific to ensure this bill invests in American diplomatic, economic, and security partnerships in a way that demonstrates our enduring commitment to the region.

I look forward to working with my fellow conferees to iron out final legislation to send to the President’s desk.”

The Conference Committee will include members from both

the House and Senate, tasked with resolving the differences between the House-passed America COMPETES Act and the Senate-passed United States Innovation and Competition Act (USICA). The Committee’s goal is to produce a final bill that can pass both the House and Senate and be signed by the President.

Representative Bera voted to pass the America COMPETES Act in February 2022. The legislation included several critical provisions authored by Bera. ★



# Next Hornets Coach Introduced

By Shaun Holkko, sports editor

**SACRAMENTO, CA (MPG)** - Journeyman coach David Patrick was introduced as the new Sacramento State men's basketball coach on Tuesday afternoon, April 15, at the Hornet Athletic Center.

Patrick is the 15th head coach in program history. He most recently served as the associate head coach for the men's basketball team at the University of Oklahoma last season.

"It's a dream come true for me," Patrick said Tuesday at his introductory press conference. "(My family and I) have always wanted to come back to California in the right situation. I was in a good spot at Oklahoma (and) had no reason to leave unless it was for a great opportunity. When you see Sac State after being in NorCal for a long time, I just thought it was somewhere that was untouched, somewhere that could really blossom."

Patrick takes over for interim coach Brandon Laird, who stepped in for Brian Katz after he retired days before last season began following 13 seasons due to a health issue. The Hornets won five of their last seven games to end the season and had 11 total wins, the most wins for any first-year Sac State head coach in the Division I era. Laird spent 11 years with the Hornets program.

According to a report from The State Hornet, the student news organization at Sac State, Laird and Katz were unhappy with the mishandling of the coaching staff's departure by the Sac State Athletics Department.

Sac State Athletic Director Mark Orr has known Patrick for years, dating back to their days together at Saint Mary's College. Patrick served as an associate head coach for the men's basketball team from 2006-2010 while Orr was Director of Athletics and Recreation.

"The previous staff left great character here, that's where it starts at," Patrick said. "The talent is one thing but high character kids is what you want to be around. I can get the players, that's not the hard part. It's the character, it's guys that wanna win and guys that wanna win at a high level. And we'll do that here, I promise you that."

"We're going to recruit from the inside out. We'll recruit here locally and then build out from nationally and internationally."

It didn't take long for Patrick to get started



Sac State men's basketball coach David Patrick (left) poses for a photo with Sac State Athletic Director Mark Orr after being introduced as the team's new head coach on Tuesday, April 12 at the Hornet Athletic Center in Sacramento. Photo courtesy of Bob Solorio/Sacramento State Athletics

recruiting from the NCAA transfer portal.

On Monday, April 14 he signed 6-foot-9 Australian forward Hunter Marks, a three-year starter who is transferring from Hartford. Several college basketball reporters were surprised Marks signed with the Hornets rather than a high-major school, indicating that the new Sac State coach got a steal of a prospect. Four days later Patrick reunited with Callum McRae, a 7-foot-1 Kiwi center who is transferring from UC Riverside.

Patrick brings many years of college coaching experience at several different stops with him to Sacramento. Since 2006 when Patrick retired from his playing career overseas, he has been an assistant coach at six collegiate programs.

In 2018, he got his first head coaching job at UC Riverside, where he spent two seasons. Patrick made an impact in his short stint with the Highlanders, as he currently holds the best two-year start in school history with a 27-38 (.415) record. In his second season at UCR, he led the team to a 17-15 record, which is the most wins in the program's Division I era.

"This isn't a steppingstone job for me," Patrick said. "I've got two girls that are (in)

tenth grade and sixth grade, we're not trying to jump spots. If you look at my resume, I've kind of moved a little bit the last year or two but that's not what we're about. We're about staying somewhere and staying here to make it last."

With his experience, Patrick has brought in some great players over the years. He has recruited 19 players who have gone on to play professionally with 11 of them playing in the NBA. Seven of those players were selected in the NBA Draft and four were first round picks.

In 2016 while Patrick was at LSU, his godson Ben Simmons was selected with the first overall pick in the draft by the Philadelphia 76ers. Simmons has gone on to become the 2018 Rookie of the Year, a three-time All-Star and has been selected to the All-Defensive First Team twice during four seasons in the league.

"I am so excited for coach Patrick to take on the role as head coach at Sacramento State," Simmons said in a Sac State news release. "He is one of the most underrated coaches and recruiters in the country. When I went through the recruiting process, there was never a doubt that I wanted to be coached by him. He is more than a coach,

he is family. He cares deeply about his players, not only as it relates to basketball, but also life."

Other current NBA players that Patrick has coached include Desmond Bane of the Memphis Grizzlies, Moses Moody of the Golden State Warriors and Patty Mills of the Brooklyn Nets. The 46-year-old Patrick has coached on five NCAA Tournament teams, four NIT teams and was an assistant coach on the Australian men's national basketball team that won bronze at the 2020 Summer Olympics.

"I think if you win in the classroom, you win on the floor," Patrick said. "This degree will help you longer in life because the ball is going to stop bouncing at some point. And this is a lifelong deal with me. I want to be at their weddings, when they have children, this is about a life term relationship, not just the four years that I'm going to be with these student-athletes."

Patrick said that he is going to rely on his older players and prioritize playing defense and rebounding.

"Everybody wants to shoot and play offense," Patrick said. "But they'll tell you the first day of practice every morning we're starting with bricks and getting after it. I promise you we'll be one of the best defensive and rebounding teams not only in the Big Sky (Conference) but in the country, I guarantee that."

The new Sac State men's basketball coach addressed the size of the Nest at his introductory press conference. The 1,012 seat multi-purpose gymnasium that the Hornets play in is one the oldest and smallest venues in all of NCAA Division I college basketball.

"The gym doesn't matter, it's the people," Patrick said. "If you're going somewhere for just the gym, you ain't going for the right reasons. (If we) get a real trust and relationship with these student-athletes, it doesn't matter where they play at."

Patrick will now attempt to do something that no Sac State basketball team, men's or women's, has ever done: Win a Big Sky Conference Championship and advance to the NCAA Tournament.

"People say, 'Why Sac State? Why would you take (the) Sac State (head coaching position)? You're at a Power Five job.' But I see this place being somewhere you can compete for Big Sky Championships yearly," Patrick said. "I promise you we'll win a lot of games here over at Sac State." ★

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# COVID-T Variant Looks Deadly to California Freedom



**Commentary by Ted Gaines**

A dangerous strain of COVID is ripping through the California legislature. This new variant, COVID-T, for Totalitarian, threatens to sacrifice every, last, tiny shred of medical freedom in California on the altar of utopian “safetyism” and make the California U-Haul shortages of the past seem like quaint memories.

COVID is no longer a crisis. This is good news! Nearly 75-percent of eligible Californians are fully vaccinated, a number that doesn't include those partially vaccinated or who have natural immunity acquired through infection. Deaths are, mercifully, at a trickle. We should be celebrating the manageable threat that now confronts us.

But the COVID-T proves that the panic and fear that characterized the early, unchecked era of the pandemic are still surging in the legislature.

Even as the futility of masking and shutdowns become evident in reflection, California legislators have introduced a number of hyper-controlling, uber-safety bills aimed at forcing left-wing vaccine orthodoxy onto everyone.

- Senate Bill (SB) 866 (Wiener) – Lets 12-year-old children consent to vaccines even against the wishes of their parents;
- SB 871 (Pan) – Lets schools ban students who are not COVID vaccinated;
- AB 2098 (Low) – Disciplines doctors for spreading COVID “misinformation.” Think of all the official announcements and guidance that have since proven wrong! This is an astonishing assault on free speech.
- SB 1464 (Pan) – Mandates Sheriff's enforce state vaccine orders and withholds state funds from counties that don't enforce.

There are others. These bills aim to deny livelihoods, education, and shut down debate surrounding COVID treatment and policy. Here's hoping they don't try to cut off banking and travel to the unvaccinated but this collection of bills shows an unlimited appetite for punishing people into compliance.

I'm sure the bills' authors would scream “I follow the science!” The problem is, science isn't policy. It is an input to policy. Policies are an expression of values, not equations. I'm sure science would show that high-speed impacts are deadlier than low-speed impacts, but that doesn't tell us the speed limit.

Like COVID, car accidents are “transmissible” to other people. But, even with “the science” and the risk to others, we don't have turtle crawls on our highways. Why? Because all policies involve tradeoffs and there are competing values in the world. Freedom and choice, to name just two, are often ignored in Sacramento but they should be balanced against other needs and desires in crafting laws and regulations.

Senator Ted Gaines (Ret.) was elected to represent the Board of Equalization's First District. He is a leading taxpayer advocate and is committed to providing trustworthy and transparent representation for nearly ten million constituents in 30 counties of northern, eastern, and southern California. For more information, visit [www.boe.ca.gov/Gaines](http://www.boe.ca.gov/Gaines). ★

which could be used to deny services to the unvaccinated;

This is a point lost to legislators who want to cut off the world to those who don't line up for the vaccine, even if they have natural immunity to COVID from prior infection. The 100% safety COVID Puritans who imagine zero-COVID fueled by unquestioning obedience forget the experiences of the past two years. They forget the millions of closed businesses, the lonely elderly who died without the comfort of their families, or the masked and isolated children whose educations and mental health were sacrificed to zero COVID.

A legislature that facilitates heroin use and lets mentally ill homeless terrorize innocents on the streets seems a little selective in the dangers they want to police. COVID has been granted its own risk category, superior to all others. It makes no sense.

California is turning into the least hospitable place to live in the country. People are fleeing this state in such numbers that U-Haul actually ran out of trucks to service the exodus earlier this year. But that outmigration will be tiny compared to the people flocking to freer states to avoid the life-controlling COVID-T.

You should control your medical decisions, not legislators who might be wearing masks alone in their cars but not at sporting events or restaurants. Don't ever let them take your freedom.

How we feel has much more of an impact on what happens to us than we realize. The key to changing any habit is consistent practice and repetition. Enthusiasm isn't guaranteed to improve every situation so you can't just try it once and then dismiss its effect if you don't get instant results.



## Dare to Live Without Limits

by Bryan Golden

### Enthusiasm



Among the many choices you have is the degree of enthusiasm you inject into your life. At one end of the spectrum are those who drag themselves through each day as if it were a prison sentence. When you greet this type of person and ask how they are doing, a likely response is, “I'm alive.” At the other end of the scale are those who reply, “Great.”

Your level of enthusiasm is much more important than you might realize. Is enthusiasm a cause or a result? Is a person enthusiastic when and because circumstances are good or do circumstances become good as a result of one's enthusiasm? Too often, people believe enthusiasm is a result. Actually, enthusiasm is much more often a cause.

Good things can and do happen without your influence. But if you are only enthusiastic in response to these chance occurrences, then you are cheating yourself by not harnessing the power of enthusiasm to improve life. Enthusiasm will never do any harm but it will do a lot of good. Enthusiasm generates a force that will impact everything you do.

One of the hardest things to do is be enthusiastic when a situation is not ideal. When you are disappointed by life's twists, turns, and, surprises it's easy to feel dejected. How can you summon up enthusiasm when there is seemingly no reason to feel enthusiastic?

Put yourself in the shoes of the interviewer. Your company wants to hire the best possible person for the position. You have to make a decision between

two candidates. The one who is a little more qualified, showed no spark, enthusiasm, or drive. The other applicant could barely sit still. His desire for the job and intent to excel was unmistakable. Who would you hire?

The interviewer doesn't care why one person was enthusiastic and the other wasn't. The significant factor is that an enthusiastic worker typically is more reliable, is more conscientious, and interacts better with coworkers. This is a perfect example of enthusiasm being a cause rather than a result.

To summon enthusiasm, visualize how you would feel if your life were perfect. Before you walk in for a job interview, imagine how you would feel if you were offered the job. Then maintain that same feeling and excitement during the interview.

Act enthusiastic to feel enthusiastic. Think about how you come across to others. Is there a sparkle in your eye, excitement in your voice, and a nice smile and pleasant look on your face? The more enthusiastic you are, the more life will go in your favor.

**NOW AVAILABLE:** “Dare to Live Without Limits,” the book. Visit [www.BryanGolden.com](http://www.BryanGolden.com) or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at [bryan@colum-nist.com](mailto:bryan@colum-nist.com) or write him c/o this paper. © 2022 Bryan Golden ★



**By Marlys Johnsen Norris, Christian Author**

## The Planting of a Tiny Seed

into its stone words of instructions mankind was to abide and live by. They were the “Ten Commandments” and when Moses broke them away from the mountain and took them down the mountain, wise men of old honored and believed they were truly sent by their Creator God. Most people honored and lived by them. If they did not God opened up the ground and swallowed them to punish them for their disrespect and dishonor of His instructions. They are called “sin.”

Then, God knew He had to do something miraculous and merciful to bring about reconciliation and forgiveness for all the sins of human beings. God had a plan and gave the idea to Abraham. He told him to take his son Isaac to the mountain, then kill him saving his blood. Just as Abraham was about to pierce him with a knife - God stopped him and told him to sacrifice the nearby animal! (This was an Old Testament prophecy of what was to happen to the miracle birth son of Mary in the future.)

Then God decided to have His Holy Spirit miraculously plant a little

human seed in a young virgin girl by the name of Mary. Little by little the seed began to grow and then, at the proper time. God presence spoke to Mary and told her what was happening and she would bare a “Son who would save the people from their sins”. That time came when Jesus was in his 30's. After He had taught, healed, ministered along with twelve men (His disciples) who loved and honored Father God's instructions for living their lives. They were men who planted God's “LOVE SEEDS”! Seeds of faith into many people to receive God's bountiful and everlasting love through the coming Savior of their souls.

**Our destiny as a child of God is to become a testimony and instrument of God's love, grace, mercy, forgiveness, peace and deliverance of transforming power through the shed blood of His only Begotten Son Jesus Christ – the “hope” to our world!**

**Marlys Johnsen Norris**  
Christian Author  
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ARM Columnist since 2006  
Stephen's Minister  
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- Bioweapon
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- Muslim holy man
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- \*The invention of hand sanitizer centered on alcohol as this
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- Decipherable
- United Nations labor agency, acr.
- Armed robber, on an Indian subcontinent
- Heart of the matter
- Impertinent
- Be in arrears
- Belgian port city
- European erupter
- Popular women's magazine
- Back then
- Make a new sketch
- Canine's coat
- Digital audiotape, acr.
- Corner joint
- \_\_\_ crazy
- \*Ground beef steak inventor
- Nordic glühwein
- Substance abuser
- Kind of testimony
- Soft twilled fabric of silk or rayon
- Casanova, e.g.
- Anger on road
- Flock's affirmation
- Short for ensign
- NBA shot

**DOWN**

- Flower part
- Painter Chagall
- Ear-related
- DNA sequence
- Vertical coordinate axis
- Put out on a curb
- \*Poliomyelitis vaccine inventor
- \*Life-saving maneuver inventor
- Machu Picchu group
- Sinister
- Pecking mother
- Thin layer
- Romantic Norwegian composer
- Disturbing public peace
- Acquire
- Early one
- Carry away, in a way
- \*Edison invented things for its reproduction
- Stead
- Flesh of fish
- Foot-forward squat
- Glorify
- \*First commercial revolver inventor
- Harry Potter's mail carrier
- \*Knitted sweater with open front inventor
- #4 Down matter, pl.
- Back of the boat
- Withdraw from working life
- Frustration, in print
- Pergolas

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# Sheriff Scott Jones Endorsed by McClintock, LaMalfa and Issa

## Sheriff Scott Jones for U.S. Congress

**SACRAMENTO, CA (MPG)** - Sacramento County Sheriff Scott Jones today announced endorsements from Conservative Congressmen Tom McClintock, Doug LaMalfa, and Darrell Issa.

"It is significant that conservative Members of Congress, Tom McClintock, Doug LaMalfa and Darrell Issa have strongly endorsed Sheriff Scott Jones for Congress in the new CA-3 district. McClintock and LaMalfa currently represent nearly 80% of this district and have served this rural California region for nearly a decade," said Jones Campaign Strategist Duane Dichiera.

**Congressman Tom McClintock** is a proven conservative leader who has served California's historic gold country in Congress since 2009, representing a majority of the counties in the new 3rd district. He is a standard-bearer for conservatives in Washington in the fight for government accountability, ending wasteful government spending, and lower taxes.

"With 33 years in law enforcement, and 12 years as the 'Law and Order' Sheriff of Sacramento County, Scott Jones has proven himself to be the real conservative in the

3rd Congressional District. Sheriff Jones is the only candidate that I trust to stand up to the radical Left who wants to 'Defund the Police.' He knows first-hand the cost of unchecked illegal immigration on our communities, I can count on Sheriff Jones to be along my side as we secure the border and stop the flow of illegal drugs into our country. He has my full support." - Congressman Tom McClintock

**Congressman Doug LaMalfa** is a fourth-generation rice farmer and lifelong Northern California resident who has served in Congress since 2013, previously served in the California State Senate from 2010-2012, and in the State Assembly from 2002-2010. Congressman LaMalfa currently represents all or part of 11 counties including the counties of Placer, Nevada, Plumas, and Sierra that will be included in the new Congressional District 3, in which Sheriff Scott Jones is running for election.

"Sheriff Scott Jones is hands down the best candidate in the new 3rd Congressional District. He has been a conservative champion taking action to protect individual liberty against government overreach. He's taken a stand and led the fight against illegal

immigration and crime. From pushing back against rioters and ensuring those who break the law are held accountable Sheriff Jones is what we need more of in Congress- someone who fights. I know both Republicans, and I strongly endorse Scott Jones for Congress." - Congressman Doug LaMalfa

**Congressman Darrell Issa** has fought for conservative values here in California and nationwide for decades. Issa has served southern California in Congress since 2001, chairing the powerful House Oversight and Government Reform Committee from 2011-2015 and eventually being nominated director of the United States Trade and Development Agency by President Trump in 2018. Congressman Issa rejoined Congress in 2020.

"I'm endorsing conservative Sheriff Scott Jones because he has proven he will stand up to the 'defund the police' movement, stand up to BLM, and help me secure the border to stop illegal immigration. He is the law and order candidate we need in Congress." - Congressman Darrell Issa

The Congressmen's endorsement joins those of State Senator Jim Nielsen, and former or current Sheriffs in all 10 counties in CA-03.

Sheriff Jones accomplished a strong record of leadership at the Sacramento County Sheriff's Office, stewarding the Department's recovery from the worst financial crisis of its history, becoming a regional leader in the fight against gangs, and hiring a record number of women, minorities, and veterans. As one of the foremost experts on law enforcement in California, Sheriff Jones has been an advocate for investing in public safety and a vocal opponent of the 'Defund the Police' movement. In Congress, Jones will be an advocate for fiscal accountability, border security, and restoring criminal justice to America's communities. A nationally recognized law enforcement leader, Jones has testified before Congress, and has presented at two White House conferences on law enforcement, immigration, and safety issues.

California's 3rd Congressional District includes the Counties of Placer, Nevada, Mono, Sierra, Inyo, Plumas and Alpine and portions of Sacramento, El Dorado, and Yuba Counties. It is an open seat and Republicans hold a 7-point registration advantage.

To learn more about Sheriff Scott Jones and his campaign for Congress, visit: scottjonesforcongress.com. ★

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"The Housing Authority of the County of Butte is an Equal Opportunity Employer and Housing Provider"

**Hall Rentals**

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916-966-1663

[vfw6158.org/rent-our-hall/](http://vfw6158.org/rent-our-hall/)

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**NOTICE TO READERS** California law requires that contractors taking jobs that total \$500 or more (labor and/or materials) be licensed by the Contractors State License Board. State law also requires that contractors include their license numbers on all advertising. Check your contractor's status at [www.cslb.ca.gov](http://www.cslb.ca.gov) or 800-321-CSLB (2752). Unlicensed persons taking jobs that total less than \$500 must state in their advertisements that they are not licensed by the Contractors State License Board.

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Steve Estabrook's private music studio in Orangevale is now accepting students for

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**Foothill Farms**, a 138-unit senior affordable apartment community in Sacramento, is opening its waitlist for a limited time! This property offers 1- and 2-bedroom apartments, ranging from \$380 to \$791. We invite seniors age 55 and older to apply. Other household members must be age 45 or older unless they are a spouse or disabled dependent. The residential community offers an elegant community room; elevators; on-site laundry facilities; beautifully landscaped outdoor areas including a pool, spa, and bocce court. Foothill Farms is conveniently located near public transportation and retail. Pre-applications for the waitlist will be made available and also accepted starting Mon. April 25, 2022 at 9:00AM via 1) <https://bridgehousing.com/properties/foothill-farms/> or 2) Call (916)334-2000 and request one be mailed. The leasing office is located at 5400 Auburn Blvd, Sacramento, CA 95841 Office hours are Mon-Fri 9AM-5PM. For more info, call 916-335-2000. Income, age and other restrictions apply. Section 8 welcome. EHO..

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Stamp Collections, Post-cards and ephemera. Call Dale at 530-417-0627

### Work Wanted

Is it time to declutter and clean your garage and house? I can help! And I prune and weed and wash windows. References, College grad. Call Tim, 916-370-0858. (MPG 12-31-22)

### Work Opportunities

**TECHNICAL** - Cisco Systems, Inc. is accepting resumes for multiple positions in Rancho Cordova, CA: Site Reliability Engineer (Ref: RAN190A): Design, write, and build tools to improve the reliability, availability, and scalability of key systems and services. Telecommuting permitted. Please mail resumes with reference number to Cisco Systems, Inc., Attn: G51G, 170 W. Tasman Drive, Mail Stop: SJC 511/4, San Jose, CA 95134. No phone calls please. Must be legally authorized to work in the U.S. without sponsorship. EOE. [www.cisco.com](http://www.cisco.com)

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## Ask Toni

### Help ... Doctor Is Not Accepting Medicare?



Toni King

Hi Toni:

This week, I went to see my primary care doctor and his office manager informed me that they are no longer accepting Medicare. I recently enrolled

in Medicare and will have to pay upfront the complete bill and be reimbursed by Medicare. His office is a small office, and the paperwork is killing him. Also, he will be retiring soon, so I need to find a new doctor. Can you please tell me what I need to do to submit this doctor visit and get reimbursed? Thank you so much.

~ Susan...Dallas, TX

Hello Susan:

In these trying healthcare time, smaller medical providers whether a primary care or a specialist may be opting out of the Medicare system.

They are not accepting Medicare as your doctor is doing and will not bill Medicare for you either. They want you to submit the claim to Medicare and wait to be reimbursed.

Did the doctor charge Medicare rates or charge you their rates and want you to be reimbursed from Medicare what Medicare will pay? That is what it sounds like to me.

I am hearing through the Medicare grapevine from clients that come in the Toni Says® office for a Medicare consultation that a few older primary care and medical providers are retiring. The office paperwork whether it is for Medicare age patients or under 65 medical claims is very overwhelming.

My advice to clients who are new to Medicare to begin searching for medical providers that are accepting Medicare, especially when a serious health issue is involved.

I have not heard of this type of problem with larger medical offices, especially those who are part of a hospital system.

**Below are tips that the Toni Says® Medicare team tell clients which can help you:**

1. Before you set the appointment

for your medical visit, ask the doctor's office, if they are still accepting Medicare. Most important, that they are accepting **new Medicare patients** and will that office bill Medicare directly.

2. If they say **NO**, then you need to decide...Do I want to pay out of pocket and get reimbursed what Medicare pays. Doctors know they are not paid their asking rates. Medicare is not the only one who discounts the doctor's bills. Group and individual health insurance plans with network providers, also discounts the doctor's bills.... **OR**...

3. Look for a doctor or specialist that does take Medicare assignment and will bill Medicare. There are doctors and healthcare professionals that still accept and bill Medicare and are accepting **new Medicare patients**. Even top medical professionals in their specific field still accept Medicare. Ask your primary care doctor for more than one doctor or provider that he/she recommends for your specific medical situation.

Here is how to file a claim if your doctor does not accept Medicare assignment. You may have to pay the complete bill and submit the claim to Medicare. Look in the Medicare and You Handbook, which explains how to submit a claim. You need to call 1/800-MEDICARE (633-4227) and ask for Form CMS-1490 or go to [www.medicare.gov/medicareonlineforms](http://www.medicare.gov/medicareonlineforms). When you contact Medicare ask them for help filing the claim and they will be happy to assist.

There are specific Medicare rules regarding changing Medicare plans. Call the Toni Says® Medicare Hotline at 832-519-8664 or visit the Toni Says® website at [www.tonisays.com](http://www.tonisays.com). Stay tuned for the Confused about Medicare Workshops coming during Medicare's Annual Enrollment in the fall.

Confused about Medicare Zoom webinar is Thursday April 28 at 4:00 PM. Visit [www.tonisays.com](http://www.tonisays.com) to sign up for the Toni Says online webinar event.

Toni's 2022 Medicare Survival Guide® is available to Toni Says® readers with a special discount at [www.tonisays.com](http://www.tonisays.com).★



## Poppoff!

With Mary Jane Popp

### Summer Shape

Summer is just around the corner. Do you feel you might need a little remodeling before you don that bathing suit? Well, there's good news. You can make progress over the next few weeks without feeling excessively hungry or exercising like crazy. You don't need to sacrifice your sanity in order to achieve noticeably progress quickly, and also work toward longer-term health goals. I was ready to get in shape for the summer, so I got the latest on how to get to that body beautiful from **Christine Hronec** with tips on my POPPOFF Radio Show. She is an award-winning chemical engineer and three-time champion fitness competitor, nutrition and exercise expert. To ensure you actually lose body fat, follow these guidelines.

#### 1. APPLY A CALORIC DEFICIT.

To drop body fat, you need to be in a caloric deficit. This means that your total caloric intake needs to be relatively lower than the amount of calories needed to sustain your current body mass. In order to drop one pound of body fat in a week, you need to be in a caloric deficit of 500 calories per day.

#### 2. BOOST PROTEIN CONSUMPTION.

Protein gives your body a positive nitrogen balance, which in turn forces the body to utilize fat for fuel.

#### 3. FOCUS ON ADDING TO YOUR PLATE NOT TAKING AWAY.

Restrictive mindsets are not effective, but what is...is focusing on the foods your body needs and all the things you get to eat like nutrient dense meals that taste good.

#### 4. ADD GREEN TEA.

Green tea contains an ingredient EGCG that assists

in burning calories. Three cups of green tea per day will burn an extra ninety calories per day.

5. **ELIMINATE ALCOHOL.** Alcohol consumption adds more calories than protein and carbs...and your body isn't able to store those calories. Thus, when your body is focused on metabolizing alcohol, fat loss is paused for at least 48 to 72 hours.

#### 6. INTEGRATE WEIGHT TRAINING.

Working out with weights enables the body to reveal more muscle definition. By shifting the primary focus of your fitness regime to weight training, you will be able to burn body fat at rest while improving the appearance of your physique.

7. **DON'T OVERDO CARDIO.** You don't need to train like an endurance athlete to look good in a swimsuit. Too much cardio-based exercise can eat away at lean muscle mass and leave you feeling excessively hungry.

If you are not training for a marathon, it's only necessary to get in 30-35 minutes of cardio, five times a week, while training at 60-80 percent of your target heart rate.

**Christine's new book "Unlock Your Macro Type:"** Identify Your True Body Type, Understand Your Carb Tolerance and Accelerate Fat Loss tackles all the issues. Since founding her company **Gauge Life** in 2013, she has helped some 40,000 women transform their bodies and switch to a body-positive self-image. Her youtube channel has over 25 million views. So check out your mirror, and get ready for a positive look for the summer with **Christine Hronec**. ★

**LOOKING GOOD!**

## Social Security Matters

### Will My Wife Get a Spouse Benefit When I Claim at 70?



By Russell Gloor,  
AMAC Certified Social Security Advisor

**Dear Rusty:** My wife started receiving her social security at 65 (her full retirement age) and she will be 69 years old this July. I was able to receive half of her social security under an older law. This April, I will turn 70 and will start to receive my own Social Security. I know I will no longer be receiving a spousal benefit at that time, but what I don't understand is will my wife be able to claim a spousal benefit and collect 50% of my Social Security. She presently is receiving about \$930 but 50% of my social security could be around \$1800. Can you provide any insight on this? **Signed: Turning 70**

**Dear Turning:** You are correct that you are now collecting your spouse benefit under an "old law," which was changed by the Bipartisan Budget Act of 2015 and is no longer available to anyone born after January 1, 1954. You are also correct that since you are now receiving a spousal benefit from your wife on a "restricted application for spouse benefits only," you can claim your personal SS retirement benefit to start at age 70, at which

time your spousal benefit from your wife will stop. You can apply for your age 70 benefit now, prior to April, but just be sure to specify on your application that you want your SS retirement benefit to begin in April (to avoid a reduction). FYI, you can do this online at [www.ssa.gov](http://www.ssa.gov) - there is a question on the application which asks if you are now collecting benefits from anyone else, to which you should answer "yes" and provide your wife's Social Security number. To apply online, you'll need to first create your personal "my Social Security" account, which is easy to do at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount). Of course, you can also apply by phone at your local SS office or by calling 1.800.772.1213 but applying online is by far the most efficient method.

After you have submitted your application for your own SS retirement benefit, your wife can apply for a spousal benefit from you, but her spousal benefit amount may not be precisely as you believe. First, your wife's spousal benefit will be based on the benefit amount you were entitled to at your full retirement age (FRA) of 66, not your age 70 benefit amount. Second, your wife was born in 1953 so her full retirement age is 66 (not 65). If your wife claimed her own SS benefit at age 65, she actually claimed a year early, so it was slightly reduced from her full benefit amount. That isn't a bad thing because it allowed you to collect your spouse benefit a year earlier, but

it will slightly affect her spousal benefit from you and make it a bit less than 50% of your FRA benefit amount.

When a spouse takes their own benefit early their spousal amount will be less than 50% because of the way spouse benefits are calculated. Your wife's new benefit as your spouse will consist of two parts - her own benefit and a "spousal boost" to bring her payment to her spousal entitlement. Her "spousal boost" - which is the difference between her FRA benefit and half of your FRA benefit - will be added to her slightly reduced age 65 benefit and the total becomes her spousal payment, but it will be a bit less than 50% of your FRA benefit amount. Nevertheless, you were smart to take advantage of an "old law" which permitted you to get a spouse benefit from your wife while your own benefit grew to maximum.

*This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website ([amacfoundation.org/programs/social-security-advisory](http://amacfoundation.org/programs/social-security-advisory)) or email us at [ssadviser@amacfoundation.org](mailto:ssadviser@amacfoundation.org). ★*



## The Kiwanis Corner

By Sal Arrigo, Jr.

### Riders Up!

Kiwanis event. You can learn how to ride, you can learn about horses, you can also inquire about volunteering at Shadow Glen Stables. There is also a petting zoo available for children to get up close and personal with various farm animals. I will say that I got much more than I expected, and it was worth every cent!

Kiwanis focuses on helping children worldwide, and the Horse and Kids event is a family event. Parents can certainly ride a horse, if they choose to do so. The photo opportunities will be abundant in a safe and controlled environment.

In addition, people who are not familiar with the Kiwanis organization can speak with our members and learn more, and even consider joining the Kiwanis Club of Orangevale-Fair Oaks.

Shadow Glen Stables is located at **4854 Main Ave, Fair Oaks, CA** and the phone number is 916-989-1826. The

website is [www.shadowglenstables.com](http://www.shadowglenstables.com).

Come and visit Kiwanis at El Gallo Mexican Restaurant, located at 11773 Fair Oaks Blvd., on the 2nd Tuesday of every month. Meetings begin at 6:30 pm. We also have social gatherings on the 4th Tuesday of every month (the location varies). Find us at facebook.com/KiwanisclubofOFO or email us for more information at [kiwanisclubofofogmail.com](mailto:kiwanisclubofofogmail.com).

*Sal Arrigo, Jr. is a past-president of the Kiwanis Club of Orangevale-Fair Oaks and has written the Kiwanis Corner for more than two years. This is Sal's final column. As Sal said, "it was an honor to write about this Kiwanis Club as I have been here since its inception in July 2019. We have done more and have been more visible in the Orangevale Fair Oaks community than any other service club. I know the members and future members will carry the torch high." ★*



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# WEEKLY COMICS

## Amber Waves

by Dave T. Phipps



## The Spats

by Jeff Pickering



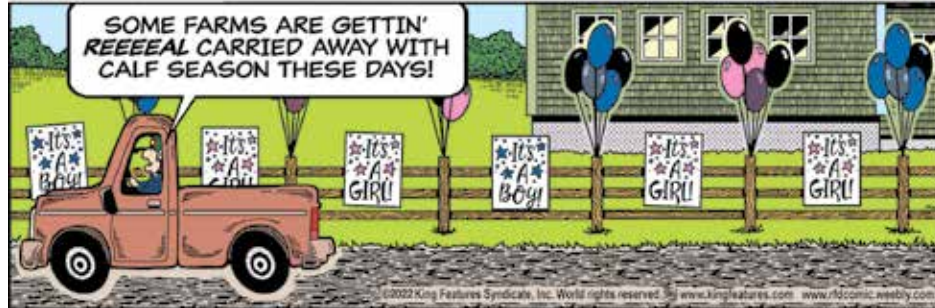
## Out on a Limb

by Gary Kopervas



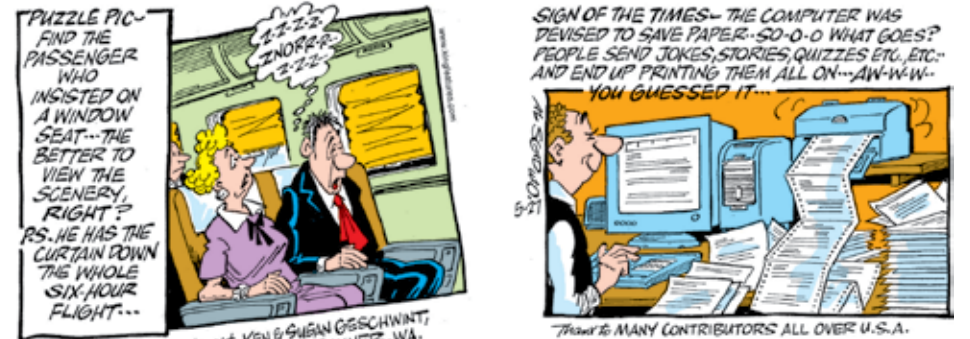
## R.F.D.

by Mike Marland



## THEY'LL DO IT EVERY TIME

BY AL SCADUTO



## GRIN and BEAR IT

## LAFF-A-DAY



## Just Like Cats & Dogs

by Dave T. Phipps



## HOCUS-FOCUS

BY HENRY BOLTINOFF



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**JONNY CAT PREMIUM CAT LITTER**  
20 Lb Bag  
Limit 1 Bag With Coupon  
Limit One Coupon Per Family  
Price Valid Only With Coupon  
Effective 4/20/22 - 4/26/22  
**\$4.79** CHM PLU 362



# Out & About

with MaryAnne Povey



Spring has sprung and so has the calendar of activities and events happening all around the community! Here's a few highlights of what's happening in Orangevale...

Casa Roble Auto Shop is hosting their 8th Annual Car Show on April 23 at Casa Roble High School from 9 A.M. to 2 P.M. If you love classic cars, this is a great event to come and show your support for the one of only two auto shop programs in the San Juan Unified School District. The fun and festivities include live music, food trucks, vendors and of course lots of cool cars!

Blossom Vale Senior Living, a hidden gem in Orangevale, is inviting the community to check out their newly renovated fitness center and hear all about their wellness program too! You won't want to miss the live demo and taste the delicious lineup of brain boosting smoothies! Mark your calendars for Wednesday, April 27 at 3 P.M. located at 6125 Hazel Avenue (behind Palm Tree Brewing Co.).

The Orangevale Farmers Market kicks off May 5 and will continue every Thursday from 3-8 P.M. through October! Come get your fresh fruits and veggies and check out a host of vendors of all types!

Each week will feature live music, food trucks and NEW this year, the Orangevale Chamber of Commerce will be hosting a beer and wine booth weekly too! Bring your chairs and the whole family for a night of fun, under the shady trees at the Orangevale Community Center, 6825 Hazel Avenue. For more information, go to [www.orangevalefarmersmarket.com](http://www.orangevalefarmersmarket.com)

The OV-FO Kiwanis Club is holding their 2nd annual Horse Around with Kiwanis at Shadow Glen Riding Stables on May 20th! The event features a ride on the beautiful trails near Lake Natoma followed up with dinner back at the campground too! Last year was a sellout event so be sure to get your tickets early. Go to <http://www.kiwanisovfo.org/horses>. Tickets go on sale May 1.

OV Summer Nights is just around the corner, starting June 10 at the OV Grange from 6-9 P.M. with a great lineup of live music, food trucks and family fun! And that's not all. The "Summer Palooza," a new summer OV tradition, will be coming to the Orangevale Community Park June 17-19! Carnival, vendors, live music and more will be available! Go to <http://www.ovsummerpalooza.com> for more info!

Have fun! Be well! ★

# Making a Splash

By MaryAnne Povey

**ORANGEVALE, CA (MPG)** - Own a pool? Is it clean? Imagine coming home to a sparkling pool ready to use at any time – especially now with summer on the horizon! Some may consider it an unnecessary expense, but having a professional maintain your pool will, actually, save you money in the long run and keep your pool and equipment running longer, according to Josh Pappas, owner of Pappas Pools in Orangevale.

You could say Josh and his wife Megan are making a "big splash" since launching their family-owned business in 2020. Only two years ago, they started with a route of two pools, one of those being a family member! Pappas Pools now services over 260 pools in the area and are becoming the "go-to" service provider for trusted pool maintenance in Orangevale and in surrounding communities.

Josh is no stranger to pool maintenance, with over 18 years of experience in the pool industry, he loves what he does.

"I got into the biz on a whim," said Josh, "I was working for a company doing gutter and chimney cleaning but that work was slow during the summer so they started cleaning pools too. The company only had one guy cleaning pools so that's where I cut my teeth and found a niche with servicing pools."

It wasn't too long after that Josh applied with an established pool service company, and once he got hired "he never looked back".

It was there that Josh



Josh Pappas, owner of Pappas Pools, and his wife Megan make a "big splash" in Orangevale. Photo courtesy of MaryAnne Povey

started learning the basics of water chemistry, caring for equipment, and plaster maintenance. It wasn't long before he added pump, filter and solar repairs. In the end there wasn't much Josh couldn't fix. He also took specialized training courses and made lots of great connections along the way.

When the thought of running his own business popped into his head, he shared it with another pool service guy, who encouraged and guided Josh to step out on his own, even offering to sell him his route, because he knew Josh and his excellent reputation. But the timing was not quite right, so Josh stuck it out and got promoted with the company he'd been with since 2007, taking on a management position and handling training and teaching everything he knew to the new guys. Josh became invaluable as the "go-to" guy!

After the promise of a partnership fell through, he took it as a sign to finally do his own thing. Within a short time, Josh and Megan got to work getting the licenses needed, hired an accountant, got incorporated and they were off and running right in the middle of 2020. You can say things

happen for a reason! "In the first three to six months we set a goal of 75 customers which we got," said Josh, "Then 115 for our first year, and now two years later we service 260 customers! We've hired two employees, added additional trucks, equipment, and an office."

Going into business for oneself has its risks but even more so during the middle of a pandemic. Luckily, Josh's services were deemed "essential," so he was able to leave his old job and pursue his dream of building his own business.

Customer service is one of Josh's core values and is probably why he has such a good reputation. One neighbor/customer says he is "very service oriented". His wife Megan will tell you that people trust him because "he won't sell someone something they don't need. He's very good about troubleshooting and will tell someone what they need, what they don't and help them make informed decisions."

For questions about pool service, call Pappas Pools at 916.220.7799. They'd be more than happy to come out and help you with your pool service needs. ★

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